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FOOD CHART

Group I

BODY BUILDING FOODS

They build the body and prevent the tissues wearing out.

- MILK
- CHEESE
- EGGS
- MEAT
- FISH

Many vegetable foods such as peas and beans, bread and potatoes, help in body-building, but they are not such good body-builders as these five.

Group II

ENERGY FOODS

They provide fuel for the human body.

- POTATOES
- BREAD & FLOUR
- OATMEAL
- RICE, SAGO
- SUGAR
- DRIED FRUIT
- HONEY
- CHEESE
- BUTTER OR MARGARINE
- DRIPPING, SUET AND LARD
- BACON AND HAM

Group III

PROTECTIVE FOODS

They protect us from disease

- MILK
- BUTTER OR MARGARINE
- CHEESE
- EGGS
- HERRINGS, SALMON (canned or fresh)
- LIVER

Group IV

PROTECTIVE FOODS

- POTATOES
- GREEN VEGETABLES AND SALADS
- FRUIT (fresh or canned but not dried)
- CANNED VEGETABLES
- CARROTS
- TOMATOES
- WHOLEMEAL BREAD

Protective foods are needed if we are to be properly nourished. They build the teeth and bones and help us to resist infection.

CHOOSE SOMETHING FROM EACH GROUP EVERY DAY